#### **Aquatics Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45pm <b>Lap Swim</b> <b>18</b> +	12:00—12:45 pm Senior Aquacise	12:00—12:45pm <b>Lap Swim</b> <b>18</b> +	12:00—12:45 pm Senior Water Walking 55+	12:00—12:45 pm <b>Adult Lap Swim</b> <b>18</b> +	10:00—10:45am Youth Open Swim 8-17
1:00—2:45pm Open Swim 18+	1:00-2:00pm Adult Lap Swim Ages 18+	1:00—2:00pm Adult Open Swim 18+	1:00-2:00pm Adult Lap Swim Ages 18+	1:00—1:45pm Adult Open Swim Ages 18+	11:00-11:45am Parent & Tot Swim
4:00-4:45pm Youth Open Swim Ages 8-17	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	12:00-1:45pm Youth Open Swim & Family Swim
5:00-6:00pm Swim Team Practice Ages 8-17	4:00-5:00pm Youth Learn to Swim Ages 8-17	4:00-5:00pm Youth Open Swim Ages 8-17	4:00-5:00pm Youth Learn to Swim Ages 8-17	4:00-5:00pm Youth Open Swim Ages 8-17	3:00-4:00pm Adult Lap Swim Ages 18+
6:00-7:30pm Adult Open Swim Ages 18+	5:00-5:45pm Youth Open Swim Ages 8-17	5:00-5:45pm Open Swim Ages 13-17	5:00-5:45pm Youth Open Swim Ages 8-17	5:00-5:45pm Swim Team Ages 8-17	4:00-5:30pm Adult Open Swim 18+
	6:00-7:30 Adult Open Swim Ages 18+	6:00-6:45pm Adult Water Walking Ages 18+	6:00-7:30 Lifeguard Conditioning	6:00-7:30pm Family Swim	

7:00-7:30 Adult Open Swim 18+

All children under 8 years old and 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult. Sauna open during adult times only

# **Other Activities**

Ice Skating	Tuesdays	3:00—5:00pm	8-1
Flag Football	Wedneśdays	3:00—5:00pm	8-17
Madden/NBA 2K	Wednesday/Thursday	5:00-6:00pm	8-17
Christmas Lights Viewing	Fridays	5:30-7:00pm	8-17



**After School Meals** 

4:00p.m.—5:00p.m Monday—Friday 18 & Under

Schedule subject to change without prior notice



## **Physical Fitness**

Weight Room Senior Fitness Boxing Techniques

Monday – Friday 12:00-7:30pm Monday Wednesday Friday 10:00am 11:00am Adults Mon—Thursday 5:30-7:30 8+



### Game Room & Computer Lab

Video Games After School All-Stars Computer Lab Mon—Fri 3:00-5:30 p.m. 8 -17 Mon-Thur 3:00-5:30 Mon—Fri 12:00-3:00 Ages 18+

### Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45 pm Youth open gym	12:00—12:45 pm <b>Youth Open</b> <b>gym</b> Ages 8-17	12:00—12:45 pm Youth Open Gym Ages 8-17	12:00—12:45 pm <b>Youth Open</b> <b>Gym</b> Ages 8-17	12:00—12:45 pm Youth Open Gym Ages 8-17	10:00-11:00am Dodgeball Ages 9-11
1:00-3:00pm Knockout Contest Ages 9-11	1:00-3:00pm Knockout Contest Ages 12-14	1:00-3:00pm Knockout Contest Ages 15-17	1:00-3:00pm Hot Shot Ages 9-11	1:00-2:00pm Free Throw Contest Ages 9-11	11:15-12:15pm Dodgeball Ages 12-14
3:15-4:45pm Basketball Training Ages 9-11	3:15-4:45pm Basketball Training Ages 12-14	3:15-4:45pm Basketball Training Ages 15-17	3;15-5:15PM Hot Shot Ages 12-14	2:15-3:15pm Free Throw Contest Ages 12-14	12:30-1:30pm Dodgeball Ages 15-17
5:00-7:00pm 3on3 Tournament Ages 9-11	5:00-7:00pm 3 on 3 Tournament Ages 12-14	5:00-7:00pm 3 on 3 Tournament Ages 15-17	5:30-7:15pm 3 Point contest Ages 12-14	3:30-4:30pm Free Throw Contest Ages 15-17	2::00—5:15pm <b>Hot Shot</b> Ages 15-17
				5:00-7:15pm 3 Point Contest Ages 15-17	